



Supplies needed for a Basic Outdoor Program with Inner Peaks.

MANDATORY:

Backpack	A daypack that can hold everything on this list along with a harness, shoes, helmet, and other climbing equipment
Water (lots of it)	<u>3-4 liters</u>
Food	Lunch and snacks
Rain Jacket	Water resistant, avoid anything that says “emergency”
Boots or sneakers	NO sandals
Medicines	Counselors or guides can carry these in the first aid kit.
Water (in case you forgot)	

NO SODAS ALLOWED ON ANY TRIP

Optional equipment:

(Can be made mandatory by instructors)

Sun screen	SPF 30 or better
Hat	
Extra clothes	A shirt, shorts, and socks are always a plus.

Better to bring too much water than too little.